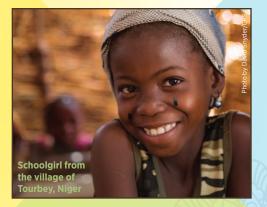
during the 40 days of Lent...

crsricebowl.org





we pray to ask God how he wants us to serve.

LENTEN PRAYER

God of all people,

We offer you our Lenten journey. May we learn to walk as one human family, remembering in a special way those who are poorest and most in need.

Bless our prayers, our fasting and our Lenten gifts. Through these actions, we show our love for your Son Jesus, and answer your call to love one another.

BOWL

we give to honor Jesus' call to serve our neighbors.

The Lenten sacrifices you offer through CRS Rice Bowl help our poor and vulnerable brothers and sisters around the world.

Read Stories of Hope from people whose lives have been transformed through your prayers, fasting and gifts at **crsricebowl.org**.

we fast to remove things that distract us from God.

WHAT'S YOUR LENTEN PROMISE?

For Lent, I'm giving up

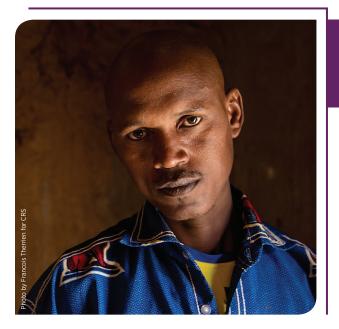
Share your Lenten journey with us on Facebook or Twitter (@crsricebowl) using #4Lent4Life.



Don't forget to download our app!



Google play



This story is just one example of how you make a difference in the lives of people in need through **CRS RICE BOWL**.

Life in Niger is ruled by the seasons. There's the dry season, the hot season, the rainy season and the hungry season, when food supplies run out and prices rise. Poor families face the difficult choice between feeding their children and meeting other basic needs. Habibou Alassane, his wife and nine children are farmers in a remote village in Niger. During the last hungry season, a Catholic Relief Services project hired Habibou and other farmers to dig reservoirs. The work provides farmers with income, and the reservoir will provide water for crops and livestock. Now, Habibou's children are well-fed. And his fields are ready for the planting season.

To learn more about Habibou, download the CRS Rice Bowl app or visit crsricebowl.org.



Catholic Relief Services is the official international humanitarian agency of the Catholic community in the United States. CRS is motivated by the example of Jesus Christ to assist poor and suffering people in 93 countries on the basis of need, without regard to race, religion or nationality. CRS programs touch nearly 100 million lives.

Can you find the CRS Rice Bowl at the end of the maze?

